



## Albóndigas Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups beef broth
- 14 oz canned tomatoes chopped canned
- 0.3 lb carrots diced peeled
- 1 large eggs
- 0.3 cup flour all-purpose
- 1 cup cilantro leaves fresh chopped
- 1 pound ground beef lean
- 0.5 lb onion chopped

- 0.3 teaspoon salt
- 0.3 cup rice white

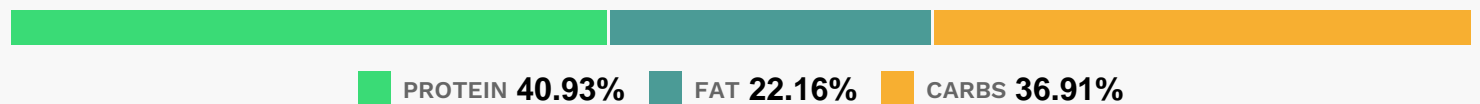
## Equipment

- bowl
- frying pan
- ladle

## Directions

- In a 4- to 5-quart pan, combine onion, carrot, tomatoes and their juices, 5 1/2 cups broth, and 1/2 cup water. Set pan over high heat and cover.
- Meanwhile, in a bowl combine remaining 1/2 cup broth, beef, rice, flour, egg, 1/4 teaspoon salt, and 1/2 cup cilantro.
- Mix with your hands to blend well.
- Uncover broth and vegetables and drop meat in 1 tablespoon portions into pan. When soup boils, reduce heat to a gentle simmer, cover pan, and cook 20 minutes.
- Stir remaining cilantro into soup and ladle into bowls.
- Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:46.67, Glycemic Load:9.33, Inflammation Score:-10, Nutrition Score:19.11304360369%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

## Nutrients (% of daily need)

Calories: 224.03kcal (11.2%), Fat: 5.48g (8.44%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.81g (6.48%), Sugar: 5.49g (6.1%), Cholesterol: 77.87mg (25.96%), Sodium: 1155.01mg (50.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.59%), Vitamin A: 3525.3IU (70.51%), Vitamin B3: 7.53mg (37.65%), Vitamin B12: 1.94µg (32.26%), Selenium: 20.95µg (29.93%), Zinc: 4.38mg (29.19%), Vitamin B6: 0.52mg (26.2%), Phosphorus: 251.9mg (25.19%), Potassium: 740.5mg (21.16%), Iron: 3.7mg (20.56%), Manganese: 0.36mg (18.09%), Vitamin B2: 0.3mg (17.62%), Vitamin K: 14.69µg (13.99%), Vitamin C: 10.72mg (12.99%), Copper: 0.24mg (11.95%), Magnesium: 45.48mg (11.37%), Vitamin B1: 0.17mg (11.11%), Fiber: 2.74g (10.98%), Folate: 43.67µg (10.92%), Vitamin B5: 1.06mg (10.59%), Vitamin E: 1.34mg (8.91%), Calcium: 68.08mg (6.81%), Vitamin D: 0.24µg (1.62%)